



Teachers & Alumni Newsletter

www.yogastudiocollege.com • info@yogastudiocollege.com • 403-874-5332

Dedicated to enriching your life through the art, science and philosophy of yoga.

May 2021 Newsletter

A Message From Val

What we fear most.

For many people, this last year has been one of instability and loss. It has been loss of jobs, property and loved ones. Because the future is unpredictable this prompts more fear. As the mind latches onto fear it can go into overdrive '*what do I stand to lose and am I prepared enough?*' The ancient teachings tell us that which we are most attached to will cause us the most suffering when we lose them. So how do we practice detachment in a practical way? Well, firstly, one would be downright foolish to not have a back up plan to stay as secure as possible and prepare for it to the nth degree. But it is also helpful to refer to the yogic teachings repeatedly for perspective. Let's refresh ourselves on the teachings.

In the Yoga Sutras, Patanjali refers to afflictions in our lives as *kleshas*, the main reason for our afflictions, pain and suffering in life. They are:

- 1) **Avidya** - not knowing the nature of our oneness with the divine and with all beings, sentient and insentient.
- 2) **Asmita** - egoism, which is the I-sense that identifies with the body, mind and personality. That includes attachment to our good name and good deeds. The things we identify with are not of our highest nature. See step 1 - Avidya or ignorance of our true nature.
- 3) **Raga** - attachment to people, places and things: wanting to maintain the status quo, everything we identify with as real and true.
- 4) **Dvesha** - aversion, resistance, avoidance, not wanting to see things as they are. Clinging to the veil of illusion.
- 5) **Abhinivesha** - clinging to life and the fear of death; fear of change, fear of the unknown. Stuck in control and missing the gifts of surrender.

The essence of all of yoga is to transcend the *kleshas* so that the mind can remain in the state of *Yogas Chitta Vritti Nirodhaha*, a place of serenity where the waves of thoughts have calmed, like the still surface of a lake. This serenity means in all circumstances, unconditionally and in all phases of life. *Kleshas* lie in the hidden depths of our subconscious - *samskaras* or impressions in the psyche, including fears. *Asana*, *pranayama*, and meditation practices are meant to bring these impressions up to the surface of the conscious mind where they can be seen and released from our cellular memory. As B.K.S. Iyengar would say, "The invisible must become visible before it can be eradicated."

When we make a list of what we fear and name it, it loses its power over us. 'I am afraid of losing....'. Fill in the blanks. Fear is like the root of a lotus, stuck in the muddy water but with an unstoppable upward bloom. This bloom represents our awareness and clear awareness is when we have the gift of choice to adopt an attitude of detachment. We still work our plan for security in the world, we are

crazy not to! But like Arjuna on the battlefield in the Bhagavad Gita, we abide with ease in our true nature while simultaneously fulfilling our life roles. Like the serenity prayer in the AA program, we discern when to courageously assert action and when to gracefully surrender to change. It is a skill and one supported well by a meditation practice. Fearful thoughts brought to the surface through meditation can be a bit frightening at first. But when put under the spotlight of our awareness, they fizzle out. It is like the light of heaven trying to break through or as Leonard Cohen said ‘there is a crack in everything, that’s how the light gets in’.

Valery Petrich

Director
Yoga Studio College of Canada
(est. 1996)



**GRAD NEWS...a sharing from
Ashley Chipurda, YSC Graduate 2015**

“In my young teenage years, I was inspired by a teacher I followed on line who taught artistic yoga postures and shared insights. She eschewed a dreamlike quality that I wanted for myself as well as to find peace in my own chaotic life. I grew up a single child with an absent father and an overworked, exhausted mother. I felt malnourished in love and I had trauma patterns follow me into adulthood. I struggled to relax and I lacked a sense of purpose. I recognized somewhere at my intuitive level that I was seeking deeper meaning and true happiness. I gained many of these qualities after I completed the YSC teacher training program. Then, I chose to further explore my path of yoga by combining it with a long held curiosity to travel the world.

My visits to Buddhist temples in Thailand, Cambodia for Vipassana retreats and volunteer work at a spiritual and ecological community called Pachamama in the jungle of Costa Rica gave me an immense joy and new maturity to my practice.

My practice continues to nourish my body, mind, and spirit and allows me to see beyond the illusion of limiting beliefs that held me hostage in my life. I have created a more joyful, peaceful and loving world for myself and for others.

Meditation is the heartbeat of my practice. I see everything as an opportunity to flow into this state of being. I enjoy teaching classes in order to share breath, sound and movement as a catalyst to expand ones awareness and to experience inner stillness. In the next chapter of my life, I envision expanding more into holistic disciplines by pursuing the yoga of acupuncture on the coast of western Canada.”

Ashley is a graduate of the 2015 program and taught at the Oak Bay Yoga Studio specializing in Yoga for Teens.



Inspirational Margaret! 'I am practicing with my shadow...'

MARGARET GUPTA is a long time yoga teacher living in Oakville, Ontario. She was an executive member of the Ontario Yoga Teachers for many years and once lived in Calcutta, India.

In addition to coping with the pressures of covid, Margaret is experiencing the loss of her husband of 65 years. She has adjusted by changing her morning practice, rising at 6:00 a.m. every day. She uses her shadow on the wall in to help her check correct alignment in asana and to keep from feeling lonely. A retired engineering draftsperson, Margaret states ‘asana is all about geometry. I call this practice ‘me and my reciprocal shadow’. It joins me in the morning when the air is refined and silence prevails. To me it is meditation in motion and it is where the journey begins. It gives me peace and tranquility in

abundance to start my day.’

Margaret has also mastered teaching classes on line to her years long loyal students and says she finds the learning curve invigorating!

YOGA STUDIO CELEBRATES 25 YEARS

Happy Anniversary to the Yoga Studio of Calgary. Under the stewardship of Jodie Hanson the studio faces a new era of growth, supported by the positive synergy of her team and community. We wish her every success. Here’s to another 25 years!

Other changes - The Yoga Studio College of Canada under Valery Petrich has moved to Richmond, B.C. and YSC graduate Spring Lambrakos is now at the helm of a new studio at the old Yoga Studio location at Crowchild Square. Yoga Studio teachers rise to the occasion of change and innovation and customer service!



**TEACHER TRAINING PROGRAM
with Val Petrich Sept. 2021 - June, 2022**

Know someone that would like to join my next TTP? Have them call me or see it here yogastudiocollege.com

I am limiting it to 10 people and we will make wonderful memories together learning, laughing and growing here in Steveston Village, B.C.!

Refresh your teaching skills with the YSC library.

I have now finished taping all modules drawn from the 60 pose syllabus.

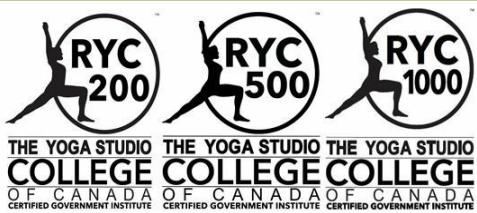
- Standing Poses - Balancings
- Standing Poses - Lateral
- Standing Poses - Forward Extension
- Standing Poses - Twists
- Inverts
- Backbends
- Twists
- Forward Bends
- Shoulderstand - all variations

FREE to all grads and posted on our web site soon!
Watch for announcement on facebook too!

Designation

Doing something interesting as a yoga teacher? Contact me with your latest passion to share with other teachers.

If you are a YSC alumni, contact me for your 200, 500 or 1000 hour designation at *****@*****.***



The Yoga Studio College of Canada

*****@*****.*** | www.yogastudiocollege.com

340B-12211 1ST Ave Richmond, BC V7E 3M3 | Engagement Marketing by [Conscious Commerce](#)